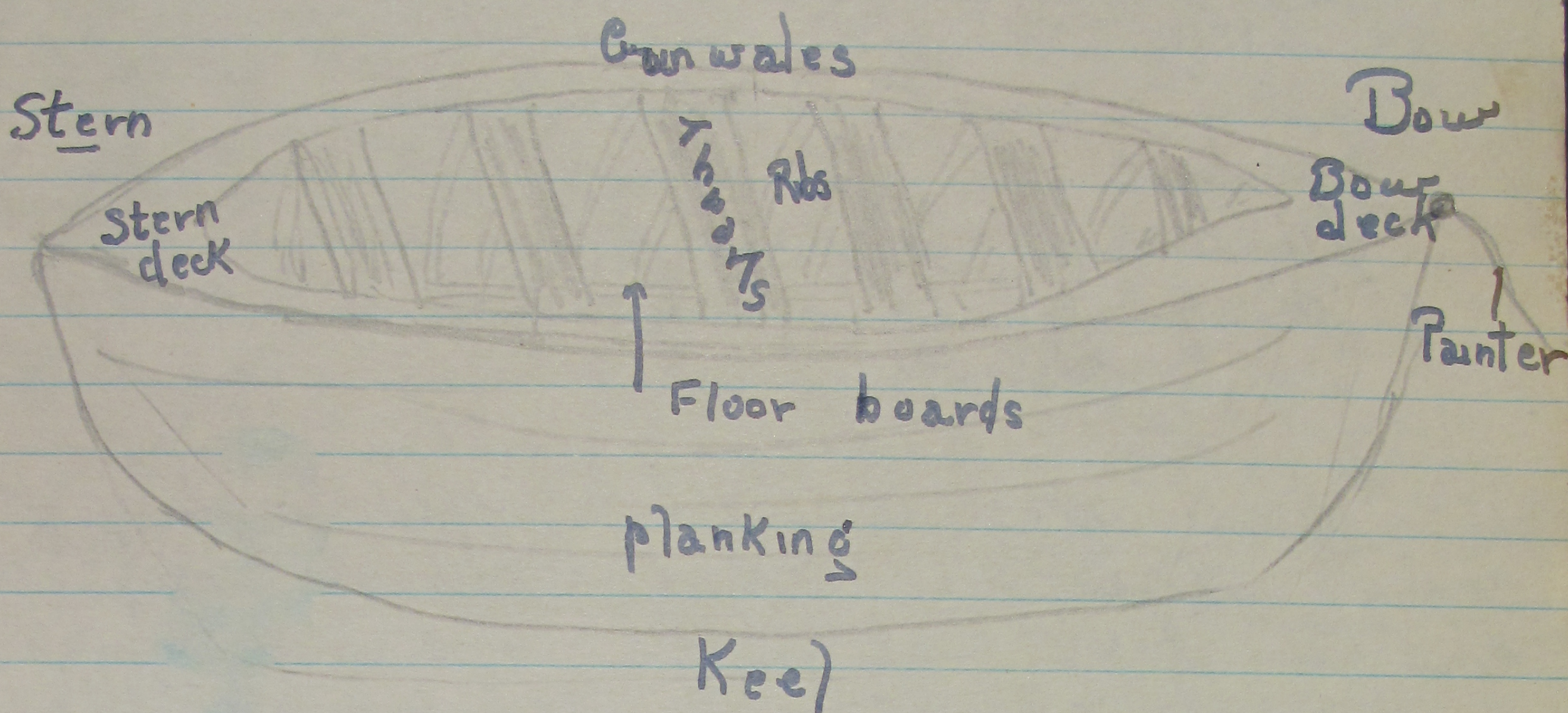


4
Canoeing.

Ruth Milne...

Canoeing.

Sept. 18th/40.



Parts of canoe: bow seat, stern seat, bow deck, painter ring, painter, gunwales, ribs, thwarts, planking, floor boards, keel, long plate, canvas.

Terms - bow, stern, port, starboard.
edge

Tip Blade shaft Grip.

Launching - stern person in full command. 4th numbers persons. Gives commands.

Embarking: How you step into boat. ship paddles No. 1, 6, 2, 5 etc. which side to paddle on; shift paddles, shift weight.
Pull her up forward and stroke
" " " backward and stroke.

Slipping Landing - on the diagonal,
just as bow hits dock, turn stern.

Strokes for stern.

little J.

big J.

push.

draw

drag.

under stern keel.

Launching: Use whole crew to lift and carry canoe to edge of water or dock. Stern end in first and crew hand over hand until craft is afloat. The stern paddler is in command and sees that all movements are performed by the crew in rhythm.

Embarking: Stern paddler numbers the crew from one to seven and they in turn line up along the canoe in their respective positions with paddles upright grip end down. On the command "ship paddles" the crew places on the fore side of canoe. Ready to embark and I embark. The crew enter in the following manner. They step directly in the centre, stern paddler or number seven goes first followed by one, then six etc. The crew are then told on which side they are to paddle. On the command "Ready to shift weight - and shift" the members move to their respective sides. To disembark

use the same method in reverse order.

Water commands

Pick her up forward and stroke
Pick her " backward " stroke
Ready to hold her and, hold
Ready for port turn and, turn
Ready for star board turn, and turn
Ready to shift paddle and, shift

1. Landing. Head on

2. Slip in.

3. Diagonal.

Safety regulations.

1. Keep weight in the canoe centre and low

2. Don't overload.

3. In rough water keep canoe at right angles to crest of wave.

4. In a wind, canoe should be slightly bow heavy and on an even keel.

In case of tipping never swim to shore but hang on to the canoe right side up.

Single Canoeing.

The big J.
Paddling a canoe in a straight line,
and stern stroke.

Push over
Big sweep
Small sweep

Refer to notes

Culling

Draw

Stationary turn

Port and Starboard turn

Diagonal landing

Slip in landing

Loading

Docking

Position in canoe for singles.

Double Canoeing.

Directing the bow paddler.

Paddling in a straight line.

Docking

Loading from dock, from beach.

Landings diagonal & slip in.

Fig & paddling port & starboard.

Role played by bow paddler in making landings.

Banking for stationary turn

Using draw stroke for " "

Using stern with push over and
bow with small sweep for turn.

Changing places in a canoe.

Dumping canoe and bringing it in
and emptying a. in shallow water
b. On the dock.

Stunt. Bobbing
Hand paddling.

Senior V as canoeing.

Describe, Part of the canoe
Part of the paddle
launching.
loading.

1. Crew

docking.

Straight ahead stroke

Port and Starboard turns.

Let'er run.

Ready to hold & hold'er.

Shift Paddles

Salute

Give'er ten.

Type of stroke in was canoeing
for the crew.

2. Stem 2) How would you make the
canoe describe a figure eight? (Using the
crew to do so)

b. What is the timing for all commands?

c. The procedure taken by stem paddler
commanding a crew. That is those things
which have to be taken into consideration
by the stem paddler only. Strokes used etc.

3. Safety Procedures a. Entering canoe

b. Shifting weight

at the dock or on the water.

c. Landing

d. Overturning canoe.

Water commands.

Pick 'er up forward and - stroke.
On the word "stroke" all paddlers should cut the water together. The word should be called in a crisp tone of voice for the paddlers are inclined to stiffen their stroke to the tone of the stern paddler's voice. If the call weakens the stroke weakens also. This call is used to direct the canoe forward.

Pick 'er up backward and - stroke.

The above directions apply to this call also. This call, however, is used to carry canoe backwards, in a straight line.

Ready to hold her and hold 'er.

N.B. All strokes should be called on the upward stroke of the paddle. It should cover two strokes and two recoveries - begun on on recovery and end on a stroke. This applies to all calls, this leaves the paddle free.

On the call ready to hold 'er the paddles are raised above the water, stretched out length close to canoe. On hold 'er they are sharply placed ^{forward} in water. The thumbs grip the quiverals.

heel of hand? fingers on shaft

so a firm grip may be taken.

Ready for a Port turn and turn.

Immediately after this call the word Stroke is given. On the word stroke the port paddles do the ^{backstroke} push over stroke, all starboard paddles keep paddling straight ahead. This turns canoe to the left.

Ready for Starboard turn and turn.

On the word stroke the starboard paddles do the ^{backstroke} push over stroke and all port paddles paddle straight ahead. This turns canoe to starboard.

Ready to shift paddles and shift.

On the word shift the canoe is in "let her run" position. The paddles, although properly gripped by the paddler, are laid across the gunwales. From this position the calls "Pick 'er up forward" + "Pick 'er up backward" are usually given.

this is part of
embarking
or docking

Landing for War Canoe

Head On. The canoe is directed into the dock at a right angle. Just before reaching the dock it is sharply turned! Either port or starboard turn may be used.

Diagonal Landing
The canoe is directed to wharf at an approximate angle of 45°. Before reaching dock the stern paddler gives the commands, "Shift paddles", "Shift weight", then by using the draw stroke he turns the bow of canoe to dock, lastly with draw stroke the stern is brought in contact with wharf.

Ship in
The canoe is directed at a parallel with dock. Commands. The "Paddles shift" "Weight shift" are given and canoe ships in to wharf by the stern direction.

"Sit in Gun" — On this command the paddlers lift their paddles from the water and lay them on the gunwales, still grasping them in the proper position.

Type of stroke.

For war canoeing the stroke should be short and brisk. All paddles should leave and enter the water together. The stroke should be regular and not of varying speed.

Ruth Milne



The **Margaret Eaton School Digital Collection** is a not-for-profit resource created in 2014-2015 to assist scholars, researchers, educators, and students to discover the Margaret Eaton School archives housed in the Peter Turkstra Library at Redeemer University College. Copyright of the digital images is the property of Redeemer University College, Ancaster, Canada and the images may not be copied or emailed to multiple sites without the copyright holder's express written permission. However, users may print, download, or email digital images for individual non-commercial use. To learn more about this project or to search the digital collection, go to <http://libguides.redeemer.ca/mes>.